

FORM LM-30

LABOR ORGANIZATION OFFICER AND EMPLOYEE REPORT

This report is mandatory under P.L. 86-257, as amended. Failure to comply may result in criminal prosecution, fines, or civil penalties as provided by 29 U.S.C 439 or 440.

For Official Use Only

READ THE INSTRUCTIONS CAREFULLY BEFORE PREPARING THIS REPORT.

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1. File Number U - 94750 3162	2. Fiscal Year Covered From: <div>1 / 1 / 2005 Through: 12 / 31 / 2005</div>
3. Name and address of person filing. Name ROBERT <input checked="" type="checkbox"/> LARMORE JR. P.O. Box, Bldg., Room No., if any Street 675 EVANS STREET City ATLANTA State Georgia ZIP Code + 4 30310-2752	4. Name, file number, and address of labor organization. Name NATIONAL POSTAL MAILHANDLERS UNION - Local 310 Labor Organization File Number 092-080 P.O. Box, Building and Room Number, if any Street 675 EVANS STREET City ATLANTA State Georgia ZIP Code + 4 30310-2752
5. Position in labor organization. BRANCH PRESIDENT	

Enter appropriate data below if, during the past fiscal year, you or your spouse or minor child directly or indirectly had any of the following interests (except as specified in the exclusions set forth in the instructions):

A. Held an interest in, engaged in transactions (including loans) with, or derived income or other economic benefit of monetary value from an employer whose employees your organization represents or is actively seeking to represent.	
6. Name and address of Employer (including trade name, if any). Name Trade Name, if any: P.O. Box, Bldg., Room No., if any Street City State ZIP Code + 4	7.a. Nature of Interest, Transaction, or Income. 7.b. Amount.

Signature

15. Signature and verification. The undersigned declares, under penalty of Perjury and other applicable penalties of the law, that all of the information submitted in this report (including the information contained in any accompanying documents), has been examined by the signatory and is, to the best of the undersigned's knowledge and belief, true, correct, and complete. (See the section on penalties in the instructions.)

Signed

Robert W. Larmore Jr.

On

5/6/06
Date

(706) 798 5018

Telephone Number

Name of Person Filing ROBERT LARMORE JR.	File Number U- 84750
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B. Held an interest in or derived income or economic benefit with monetary value from a business (1) a substantial part of which consists of buying from, selling or leasing to, or otherwise dealing with the business of an employer whose employees your labor organization represents or is actively seeking to represent, or (2) any part of which consists of buying from or selling or leasing directly or indirectly to, or otherwise dealing with your labor organization or with a trust in which your labor organization is interested.

<p>8. Name and address of Business (including trade name, if any).</p> <p>Name <u>FIRST HEALTH</u></p> <p>Trade Name, if any: _____</p> <p>P.O. Box, Bldg., Room No., if any _____</p> <p>Street <u>3200 HIGHLAND AVENUE</u></p> <p>City <u>DOWNERS GROVE</u></p> <p>State <u>Illinois</u> ZIP Code + 4 <u>60515</u></p>	<p>9. Business deals with:</p> <p><input checked="" type="checkbox"/> a. Labor Organization</p> <p><input type="checkbox"/> b. Trust</p> <p><input type="checkbox"/> c. Employer</p>
<p>10. If 9.b. or 9.c. is checked give trust or employer's name.</p> <p>Name _____</p> <p>Trade Name, if any: _____</p> <p>P.O. Box, Bldg., Room No., if any _____</p> <p>Street _____</p> <p>City _____</p> <p>State _____ ZIP Code + 4 _____</p>	<p>11.a. Nature of such dealing.</p> <p><u>ADMINISTRATOR OF HEALTH PLAN</u></p> <hr/> <p>11.b. Approximate dollar value of such dealing. <u>Over 1 billion \$</u></p> <p>12.a. Nature of interest held or income received.</p> <p><u>OCTOBER 6 - 9, 2005 - Attended Health Plan Open Season Seminar in Orlando Florida. Received, 2 Breakfasts, 3 Dinners, 1 Reception, and Trip to Epcot Center.</u></p>
	<p>12.b. Amount. <u>Approx -</u> \$780</p>

<p>C. Received from any employer (other than an employer covered under parts A and B above) or from any labor relations consultant to an employer any payment of money or other thing of value.</p>	
<p>13.a. Name and address of Employer or Labor Relations Consultant (including trade name, if any).</p> <p>Name _____</p> <p>Trade Name, if any: _____</p> <p>P.O. Box, Bldg., Room No., if any _____</p> <p>Street _____</p> <p>City _____</p> <p>State _____ ZIP Code + 4 _____</p>	<p>14.a. Nature of payment.</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>
<p>13.b. Is the Business an Employer <input type="checkbox"/> or Consultant <input type="checkbox"/> ?</p>	<p>14.b. Amount of payment.</p> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>